



The mindful approach to PSHE

Jigsaw mapped against the 'Healthy Schools' programme standards and the PSHE Association 10 principles of effective PSHE Education?

Since the National Healthy Schools Programme ended in March 2011, a number of different programmes have been established around the country, all developed in slightly different ways, some with various levels of engagement such as Bronze, Silver and Gold or 'status' and 'enhanced' status. In common with all these programmes, schools are required to adopt what is known as a 'whole school approach' to health and wellbeing.

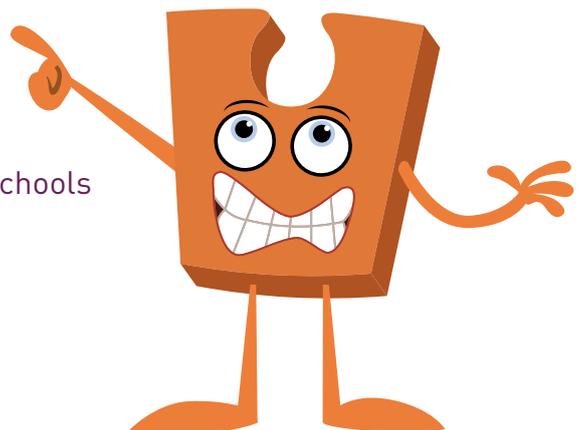
What underpins successful engagement in all these 'Healthy Schools' programmes is a comprehensive programme of PSHCE - Personal, Social, Health, Economic, Health and Citizenship Education. Where a school delivers the Jigsaw PSHE Scheme, they are delivering the breadth of the national [PSHE programme of study](#) as devised by the PSHE Association.

Schools can feel assured when they purchase Jigsaw and use it appropriately that:

- Jigsaw has been awarded the [PSHE Quality Mark](#) awarded to resources that follow the principles of effective PSHE and follow the PSHE Programme of Study.
- following the Jigsaw lesson plans encourage schools to follow the PSHE Association has [10 principles of effective PSHE education](#)
- deliver high quality learning opportunities for pupils both in PSHCE education lessons and by using the well-planned whole school approach using the assembly programme.

With the Jigsaw PSHE resource, fully quality assured by the PSHE Association and following their evidence based ten principles of effective PSHE education, schools can feel reassured that they are covering PSHE in a way that:

- ensures full curriculum coverage,
- is evidence based in its approach
- supports the whole school development of SMSC (Spiritual, Moral Social and Cultural education) and
- provide evidence for achieving the various healthy schools programme awards.

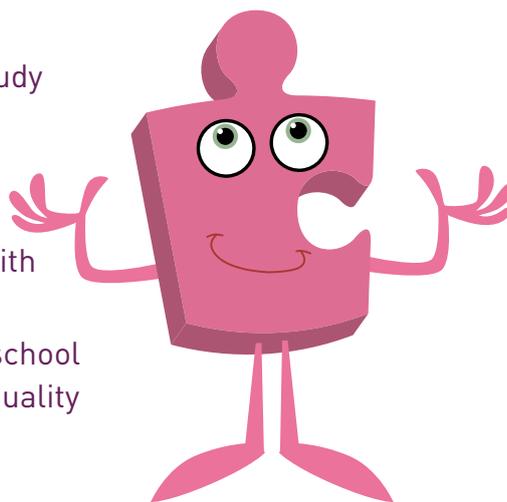


So how does using Jigsaw enable a school to work towards becoming a 'Healthy School'? Jigsaw will encourage a school to:

- deliver robust PSHE education programme
- ensure coverage of the national PSHE programme of study
- support pupils' social and emotional development and wellbeing
- support staff emotional health and wellbeing as they will benefit from using mindfulness 'calm me' scripts with their classes.

Using Jigsaw enables a school to cover topics that help a school to achieve the Healthy Schools awards by delivering high quality learning in areas such as:

- Relationships and sex education
- Drug and alcohol education
- The development of healthy lifestyles including information about keeping physically active and eating healthily
- Safeguarding issues such as anti-bullying and esafety



Core themes for 'Healthy Schools' programmes

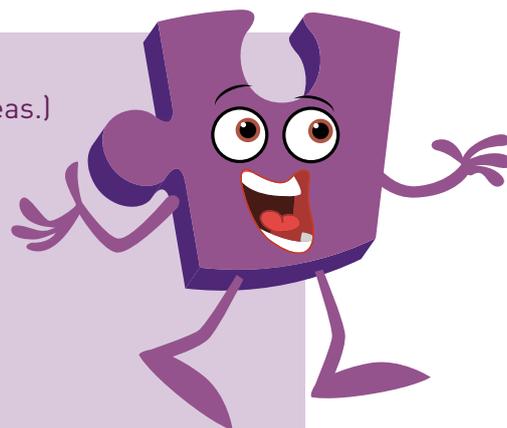
(NB. Some programmes differ slightly in their themes and areas.)

Four Underpinning Themes:

- PSHE EDUCATION
- HEALTHY EATING
- PHYSICAL ACTIVITY
- EMOTIONAL HEALTH AND WELLBEING

Seven Key Areas:

1. Leadership, management and managing change
2. Policy development
3. Learning and teaching, curriculum planning and resourcing
4. School ethos, culture, environment and SMSC development
5. Provision of support services for children and young people
6. Staff continuing professional development (CPD), health and wellbeing
7. Partnerships with parents/carers, local communities, external agencies and volunteers to support pupil health and wellbeing



Overall, Jigsaw offers schools the opportunity to deliver exciting, well planned PSHCE Education that helps a school to work towards achieving the 'Healthy Schools Programme' award.

